



Norman Park

CENTER

www.chulavistaca.gov/rec

Kathy Wigginton, Recreation Supervisor III

270 F Street (619) 691-5086

• Monday - Wednesday: 8 am - 9 pm • Thursday: 8 am - 9:30 pm • Friday:
8 am - 4 pm • Saturday & Sunday: Closed

Classes and special interest groups include singing, yoga, creative writing, coin collecting, Tai Chi, watercolor painting, world affairs, casual crafters, drawing, longevity stick, conversational Spanish, Chinese, AARP Driver Safety Program and bridge. Dancers, from beginners to advanced, will enjoy line, square, round and ballroom dancing. To make it easy to join in, many classes have open enrollment and do not require advance registration. For complete program information, visit www.chulavistaca.gov/rec or www.lifeoptionsouthbay.com and visit the Recreation Page.

Fitness Center

Norman Park has treadmills, elliptical trainers, stationary bikes, strength equipment, and weights. Some equipment is wheelchair accessible. Certified trainers staff the facility and will help you reach your fitness goals. Orientation required--by appointment only. Quarterly Membership: \$28 Resident / \$56 Non-resident. Hours: Mon/Wed/Fri 9 am-12:30 pm; Tues/Thurs 8-11:30 am; Mon-Thurs 5-7 pm & Sat 8:30-11 am
4100.471 October - December

Newcomer Orientation & Volunteer Opportunities

Newcomer orientation takes place on the first Thursday of each month at 11am. The Senior Program also has numerous opportunities for volunteers to work with staff to develop and oversee programs and services. A great opportunity! Please call Kathy Wigginton at (619) 691-5086 or (619) 409-5890.

Life Options Annex

www.lifeoptionsouthbay.com • (619) 691-9774

Hours: Mon/Tues/Thurs, 9 am-3 pm

People age 50+ can learn about how to get involved in the community, education, recreation, health, and employment possibilities. This "one stop shop" provides people nearing or in retirement with information and referrals. Get the most out of retirement!

Life Options Presents: Live Long, Live Well

This series of informational and entertaining programs designed to inspire and inform mature adults about the opportunities and challenges throughout life after 50. Presentations will be held at the Chula Vista Civic Library.

One Saturday/month, 10:30 am-12:30 pm

Vial of Life

The vial is a magnetized container that adheres to the refrigerator door and holds personal medical information. It can conveniently be given to emergency medical personnel or taken to the doctor.

Adult Education (Sept 5 - Dec 21)

Southwestern College (SWC) Exercise Classes are ongoing.

- **Watercolors** (Free) Mon, 9 am
- **Exercise** (Free) Mon-Thurs, 8 am
- **Yoga** (Free) Fri, 8 am & Wed, 7:15 pm
- **Yoga** (\$25/semester) Thurs, 5 pm & 7:15 pm
- **Strength Training** Wed, 6 pm (\$1/class)
- **Home Safety For Older Adults (SWC)**

Learn ways to make your home safer and more secure. Free, registration required.

Mon, Sept 17 (English) 9:30 am-1:30 pm

Mon, Sept 24 (Spanish) 9:30 am-1:30 pm

Are You OK?

Promotes independent living by reassuring participants with a regularly-scheduled daily check up call.

Info, Referral & Social Services

Norman Park provides numerous services for seniors and their families through community agencies and trained volunteers. Extensive resources and references include notary, support for the vision impaired, legal services, shared housing, Meals on Wheels, health insurance counseling and support. Staff is available to answer your questions from 10 - 11:30 am, Mon - Fri. Call (619) 691-5087.

Need help filling out your homeowners or renters rebate form?

Let our volunteers help you save money if you are 62 years old, blind or disabled and your household income is \$40,811 or less or under \$74,200 for two persons. Volunteers are available to assist you through October 15. Call 619-691-5086 for an appointment.

Senior Net Computer Learning Center

Learn basic computer skills including surfing the Internet, sending email and word processing--and more advanced classes that include the computer with digital cameras. Annual membership fee: \$40 (includes SeniorNet.org benefits) Fee: \$22 Resident / \$28 Nonresident

The Learning Center is always looking for volunteers!

Mark your calendar!

- Health Talk - Prostate Cancer: Monday, Sept 10 at 10 am
- Birthday Party: Thursday, Oct 25 at 1 pm
- CV Senior Club 46th Anniversary Party
Thursday, Nov 8 at 1pm (Purchase ticket in advance)
- Intergenerational Games (Register to Volunteer!)
Wednesday, Nov 14 from 9:30 am - 1 pm